



Glazed Ham with Peach-Ginger Sauce

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



1267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoons brown mustard
- 0.3 cup brown sugar packed
- 1 stick cinnamon (3 inch)
- 2 teaspoons ginger root fresh minced
- 0.3 teaspoon ground cinnamon
- 10 pound ham bone-in fully-cooked
- 5 cups peaches frozen

- 1 cup peach nectar
- 1 cup peach preserves
- 1 cherry pepper hot minced seeded

Equipment

- bowl
- sauce pan
- oven
- roasting pan
- aluminum foil
- serrated knife

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Use a serrated knife to score the top of the ham in a diamond pattern. Press whole cloves into the ham and place on a roasting rack in a roasting pan.
- Bake for 1 1/2 to 2 hours in the preheated oven, or until the internal temperature of the ham has reached 140 degrees F (60 degrees C). Cover with aluminum foil if the ham starts to look dry.
- While the ham is baking, mix together the cinnamon, mustard and 1/2 cup of brown sugar in a cup or small bowl. Set aside. In a saucepan over medium heat, mix together the remaining brown sugar, cider vinegar, peach nectar and peach preserves. Bring to a boil and then stir in the sliced peaches, ginger, cherry pepper and the cinnamon stick. Simmer until the peaches are tender and the sauce has thickened, 25 to 30 minutes.
- Remove the ham from the oven and brush liberally with the mustard glaze. Increase the oven temperature to 350 degrees F (175 degrees C) and return the ham to the oven, uncovered.
- Bake for an additional 20 to 30 minutes, or until glaze is bubbly. Allow the ham to rest for 15 to 20 minutes before carving.
- Serve with hot Peach-Ginger sauce.

Nutrition Facts



■ PROTEIN **31.74%** ■ FAT **55.35%** ■ CARBS **12.91%**

Properties

Glycemic Index:16.02, Glycemic Load:15.37, Inflammation Score:-5, Nutrition Score:38.705217423646%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1266.91kcal (63.35%), Fat: 76.59g (117.84%), Saturated Fat: 27.16g (169.76%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 38.27g (13.92%), Sugar: 31.35g (34.84%), Cholesterol: 281.23mg (93.74%), Sodium: 5435.48mg (236.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.83g (197.65%), Vitamin B1: 2.77mg (184.56%), Selenium: 106.23µg (151.76%), Vitamin B3: 20.92mg (104.62%), Phosphorus: 999mg (99.9%), Vitamin B6: 1.76mg (88.2%), Zinc: 10.76mg (71.73%), Vitamin B2: 1.06mg (62.19%), Vitamin B12: 2.9µg (48.38%), Potassium: 1440.71mg (41.16%), Iron: 4.51mg (25.05%), Magnesium: 97.24mg (24.31%), Copper: 0.48mg (24.13%), Vitamin B5: 2.23mg (22.27%), Vitamin D: 3.18µg (21.17%), Vitamin E: 2.34mg (15.59%), Manganese: 0.22mg (11.02%), Fiber: 1.9g (7.59%), Vitamin C: 6.21mg (7.53%), Vitamin A: 316.57IU (6.33%), Folate: 22.99µg (5.75%), Calcium: 53.04mg (5.3%), Vitamin K: 2.76µg (2.62%)